

## TO GET STARTED....

If you believe you may benefit from the LSVT BIG therapy program, see your medical provider and ask for a referral to Physical Therapy of Concordia.

Most insurance plans require a medical consultation and referral. It's always best to verify medical coverage with your insurance plan before starting treatment.

## What previous patients have said....

“One item of success was getting more flexibility in my neck and joints. This caused a little soreness but gave me more reach and turning radius. The status of my overall reach improved overtime.”

“I had no problems getting into the mud & weeds to go on a call to get vehicles out.”

1. Improved walking
2. Remarkably more limber
3. Ability to unite
4. More self confidence
5. Mentally more positive”

“The staff here are knowledgeable and do a good job at their profession.”



Jennifer McCaslin, PT



Jaala Schlesselman, PTA



# Parkinson's LSVT BIG Physical Therapy



## Physical Therapy of Concordia

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## Exercise and Parkinson's Disease

Parkinson's Disease is a chronic neurodegenerative disease, of part of the brain. Parkinson's symptoms respond very well to therapy and exercise.

Exercise is the revolution to help decrease the symptoms of Parkinson's Disease. Exercise changes the brain by having an effect on neuron growth. Even if neurons are still dying, other parts of the brain can repair damaged areas and/or recruit undamaged areas to compensate.

### Who gets it?

Typically the older you are the closer you are to PD. Men are at a higher risk than women.

- Typical ~ 52-62 y/o
- Young ~ 21-40 y/o
- Late ~ 78 y/o

Other considerations

- Number of Comorbidities
- Current Fitness level
- Motivation/personal goals
- Response to medication/  
response to exercise

### Exercise Protocol

- Multidirectional Movements
- Repetitive Movements
- Functional Movements
- Predictable Movements
- Unpredictable Movements
- Long sequences
- Real objectives

## LSVT BIG Physical Therapy Protocol

4 times a week for 4 weeks is the base of the program. The patient will perform 7 simple exercises, twice daily, through the course of the program and then decreases to only once a day, but **FOR THE REST OF YOUR LIFE.** The patient must be **COMMITTED** to begin the program and have 4 weeks available for continuous treatment without breaks. LSVT BIG also incorporates regaining functional and every day tasks like sit to stand, walking, dressing, rolling in bed, navigating around the community, writing, eating and much more. Tremors can decrease and daily function can improve.

LSVT BIG trains people with Parkinson's Disease to use their body more normally. People living with PD or other neurological conditions often move differently, with gestures and actions that become small and slower.

**LSVT BIG is customized to each person's specific needs and goals.**

Regardless of the stage or severity of your condition Parkinson's is a progressive disease and this program can help extend the "good times" and slow the degeneration of this disease, keep you where you are now, and give you information on what to do when you notice change.

# LSVT BIG™